

WASH GOSSIP.

The Week's Doings at the National Capital.

RETURNS TO WASHINGTON.

President Harrison and Private Secretary Halford returned from Cape May, N. J., on Wednesday last, where they have been taking a cutting for several days. The sailing and bathing, and the worry over official business, have improved the President, and he returned looking robust and brown as a berry. It is said that the Executive will make frequent excursions to "Cape May" during the summer, and although he will usually return to Washington on Monday, that on occasions he will remain for at least a week.

CONGRESSIONAL MATTERS.

Congressional matters were not very active during the week. The House Committee on Labor reported favorably on a bill which provides for the payment of the House of Representatives for the year 1890, and was referred to the Committee on Rules.

The House Committee on Library, after hearing an argument by Mr. Charles Smith, reported favorably on a bill which appropriates \$50,000 for the purchase of the manuscript of the diary of Christopher Columbus to start on his voyage of discovery.

GEN. BAKER'S FUTURE.

It now seems that Gen. Baker will be a candidate for re-election to Congress from the Second Congressional District of Massachusetts. He should be placed on the retired list of the Army. It would appear that the Springfield bill in the House, and the Daves bill in the Senate, have struck a blow at the Military Committee. In the Senate Committee, as in the House Committee, the objection which has so far defeated action is that Baker never held a commission in the Regular Army, and his pension law would be to create a new grade of which the friends of the volunteer Generals would be quick to avail themselves. Should the General not be retired, he will be a candidate for re-election to Congress. So at least say his friends.

TO RELIEVE THE OFFICE OF LIEUTENANT GENERAL.

The House Military Committee has decided to report favorably a bill providing for the grade of Lieutenant General in the Army. The bill provides that the person appointed under the act, with whose death or retirement the office is to expire, shall receive the same pay received by Gen. Sheridan, who held the office, and that the bill aims to create the office in order that the distinguished war services rendered by Maj. Gen. Schofield or some other officer may be recognized. Under the provision the President may appoint the officer he believes best entitled to the honor without regard to relative rank.

WAR RELICS.

Without doubt the largest aggregation to be found anywhere of relics and reminders of the fearful struggle for National life has been collected here in the Capital City of our great Republic. Perhaps no other metropolis can make even half the showing that Washington can in this direction.

Aside from the large and interesting collections on public exhibition in the National Museum, War Department, and at the Navy-yard, there are numerous private parties who have in their possession mementoes that speak with mute eloquence in reference to some stirring episode or sad passage in the history of that terrible internecine war. Some of these parties have even large collections of relics, and with many more interesting occurrences, each relic telling its own relationship to one or another bloody episode like the march of the rapidly-changing events of those memorable years.

In one of the oldest restaurants in the city, that of John Hancock, which was established in 1820, the play bill, with the program for the performance at Ford's Theatre on the night President Lincoln was assassinated, can be seen. Laura Keane was in the leading role, and the play was "Our American Cousin." It was Friday night before Easter Sunday, April 14, 1865, and the theater was crowded and the occasion was a benefit and farewell affair of the famous actress.

In the shop of Mr. Robert A. Whitehead, at 804 D street northwest, is a photograph of John Surratt in his military uniform. Surratt is now living in Baltimore. It will be remembered that when \$25,000 was offered for his apprehension he fled the country, found his way to Rome and enlisted as a private in the Papal forces. Subsequently he gave himself up, and was tried and sentenced to hang.

Two weeks prior to the assassination of the President, and was in consequence acquitted of all complicity in the terrible crime. Mr. Whitehead has also a piece of the pillow on which Mr. Lincoln died, which is stained with the blood of the martyred President, a piece of the coat he wore at the theater the evening of the fatal tragedy, and a fragment of the curtain which caught in Booth's spur when he leaped from the box to the stage and exclaimed "Sic semper tyranni."

CHAT ABOUT PEOPLE.

The Democrats of the Eighth Congressional District of Illinois nominated Lewis Stewart, of Plano, Kendall County, for Congress, to oppose C. Hill.

Bruce T. Seaman, a prominent farmer of Scott County, was nominated for Congress from the Second Iowa District by the Republican caucus. He is a native of Ohio, and was a member of the Republican Congressional Convention of the Eleventh Iowa District nominated on the 43d ballot, George D. Perkins, of the South City, was elected to succeed S. Struble in Congress.

Hon. Hugh McCall, ex-Secretary of the Treasury, has been ill at his country residence near Washington for several days, and fears were entertained for his recovery. At last, however, he is reported to be on the mend, and is expected to return to his duties in a few days.

Representative Butterworth, who was prostrated by the heat in Philadelphia last week, is now at his country residence in the District of Columbia, and is reported to be in improved condition. The attack was more serious than was at first supposed.

One year ago Secretary of the Navy Tracy was about to occupy his residence opposite Farragut Square, when he was struck by lightning. To-day the mansion is in course of demolition, and upon the lot another building will be erected.

John S. McCall, a veteran of the 24th N. Y. Cav., was recently appointed a Watchman in the Office of the Secretary of the Interior Department. Conrad McIntosh is a pensioner, and is now in the District of Columbia, where he is performing a four-year term of duty, and came East to bring his family to a summer resort in the Blue Ridge. He is in excellent health and spirits, which all his comrades and admirers will be glad to know.

Chas. L. Landgraf, 34 P. Cav. and 34 N. J. Cav., Tracy, Cal.

Who Can Tell.

EDITOR NATIONAL TRIBUNE: What recent capture the greatest number of Confederate flags that are at the War Department? W. J. BROWN, Elm Grove, W. Va.

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After further discussion the previous question was called for.

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The vote, on tabling the motion to reconsider, resulted yeas 104, nays 50—the Speaker counting a quorum through the Clerk, and declaring the motion carried.

Mr. Breckinridge (Ky.) challenged the correctness of the count, instancing the names of Enloe, Herbert, Crain and Fishback, and stating that they had not been present. Subsequently the representations made by Mr. Taylor (Ill.) and the Stockbridge, he withdrew his challenge to the names of Crain and Fishback, but persisted in the challenge to the names of Enloe and Herbert.

The Speaker, while admitting the necessity for absolute correctness in the record of those present and not voting, stated that he would not entertain the challenge, as he had no power to do so.

The vote resulted yeas 111, nays 33. The Speaker was unable to count a quorum, so the conference report was not agreed to for the present.

THURSDAY, JULY 10.

The Senate resumed consideration of the conference report on the silver bill, and was addressed by Mr. Morgan (Ala.) in opposition to the report and in favor of the free coinage of silver.

Mr. Morgan and Mr. Jones (Nev.) had a personal discussion, in which Mr. Morgan accused Mr. Jones of being a flat-money man, which Mr. Jones denied. Mr. Morgan spoke for three hours and closed with an appeal to the Senate to allow Mr. Sherman to thrust his stiletto again into silver.

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THE PRESIDENT INVITED TO VISIT IOWA.

Senator Allison and Representative Lacey called on the President last week, accompanied by W. W. Haskell and A. P. Spencer, of Iowa, and presented him with a handsomely-embossed invitation to visit the Ottumwa Coliseum, Paoli, Kendall County, for Congress, to oppose C. Hill.

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HEALTH HINTS.

For Old and Young.

BY FELIX L. OSWALD, M. D.

Author of "Physical Education of the Household," "The Education of Nature," etc.

A waggish correspondent of the *Toronto Globe* describes the four health delusions of the "where the Winters are so severe that the missionaries could not convert a single Indian till they brought themselves of representing that the cold was a place of origin of snow," and wonders why the same plan is not adopted in other parts of North America, where cold is a worse affliction than war.

The cold is the worst of the winter troubles, and is so much more easily remedied. We have excellent methods for making our houses comfortable in midwinter, and for such complaints as chilblains and ordinary coughs, the constitutional household remedies really answer their practical purpose; but in the art of counteracting the heat of the dog-day season, the nations of the North are sadly behind their Southern neighbors, and the popular expedients for the cure of Summer-complaints are extremely apt to aggravate the evil. A very large percentage of the profits derived from the sale of quack medicines are effected by the advertisement of mysterious remedies for Summer ailments that would rarely fail to cure themselves if simply left alone, and trusted to the remedial resources of nature. In warm, dry weather, for instance, persons engaged in sedentary employment are very apt to experience an occasional irregularity in the usual operation of the bowels—a few days' constipation that is really nothing more than a temporary retardation of the digestive organs, and would soon remedy itself under the influence of the first spell of cooler weather or under a purely hygienic treatment of refrigeration and dietetic changes. Cooling applications to the abdomen by means of a sponge or wet towel, a few minutes' sitz-bath, or even a reduction in the load of superfluous belching, generally suffice to remedy the trouble, and even the most obstinate cases constipation can often be relieved by change to a more frothy and fluid diet—baked beans, Graham bread and stewed prunes, light-colored eggs, fresh fruit and berries, and liberal doses of lemonade cooled down to the temperature of fresh spring water.

Combined with sponge-baths and outdoor exercise in the cool of the evening, these simple remedies would nearly always bring relief in the course of a few days, while the specific of the nostrum vender are almost sure to aggravate the evil. For the moment, indeed, Dr. Cassell's Food and Magic Laxative answers their ostensible purpose; the nostrum (generally compounded with a large admixture of mercury) convulses the bowels into an abnormal state of activity, and gratifies the patient's desire for relief, while it leaves the system in a state of chronic derangement, the very effect of the unnatural remedy. Even during the direct operation of the nostrum, the patient is made to feel that he is suffering from the impression of having been benefited by an increase in his feeling of general comfort. He feels uneasy and restless, and often finds the operation of the drug accompanied by an aggraving pain in the bowels, which is not relieved by the use of the medicine. But the worst about it is, that in the long run that drug proves much worse than an artificial remedy at all. After their violent operation against the bowels, the nostrum, the patient is left in a state of chronic derangement, the very effect of the unnatural remedy. Even during the direct operation of the nostrum, the patient is made to feel that he is suffering from the impression of having been benefited by an increase in his feeling of general comfort. He feels uneasy and restless, and often finds the operation of the drug accompanied by an aggraving pain in the bowels, which is not relieved by the use of the medicine. But the worst about it is, that in the long run that drug proves much worse than an artificial remedy at all. After their violent operation against the bowels, the nostrum, the patient is left in a state of chronic derangement, the very effect of the unnatural remedy. 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